

Week 4: Protein Nutrition Education

Recipe
Takes 10 minutes
Makes 4 servings

YOU WILL NEED:

mixing bowl
spatula
cutting board
knife (adults only)

1/4 cup measure
tablespoon measure
plates and spoons

Ingredients
For 8 servings



1/4 cup non-fat,
plain yogurt



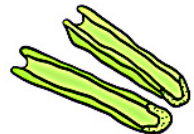
1/4 cup light
mayonnaise



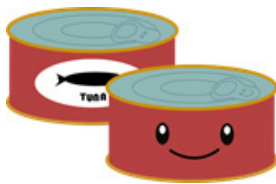
1 tablespoon
lemon juice



1/4 cup diced
red bell pepper



1/4 cup
diced celery



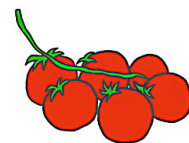
1/2 cup chunk light
tuna in water, drained



salt and pepper
to taste



15 whole grain
crackers

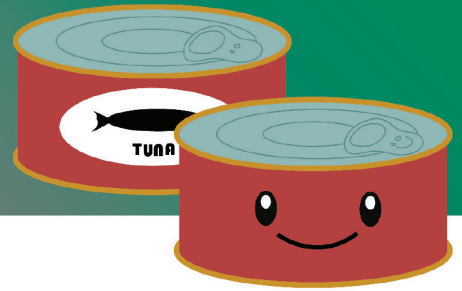


1/2 cup grape
tomatoes, cut in
half lengthwise

Preparation

In a small bowl, mix together yogurt, mayonnaise and lemon juice. Add the bell pepper, celery, tuna, salt and pepper and gently stir to coat. Scoop tuna salad on top of each of the crackers, then top with a grape tomato slice.

Week 4: Tuna Tuna Salad Bites



DIRECTIONS

1. Fill in the blank in the bubble.
2. Color the tuna fish and canned tuna.
3. Draw a healthy heart on the tuna fish

Blub blub!
Tuna makes your

go lub dub!

